



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Buffalo Wing Chicken Burrito Bowl

The Buffalo Wing Chicken Burrito Bowl is a delicious and satisfying meal that combines the flavors of buffalo chicken wings with the convenience of a burrito bowl. It is made with spicy buffalo chicken, rice, black beans, corn, avocado, and a tangy buffalo sauce. This recipe is perfect for those who love the taste of buffalo wings but want a healthier and easier-to-eat option.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken breast
6 tbsp	buffalo sauce
2 c	cooked rice
1 c	Black Beans

1 c	corn
2 pieces	Avocado

Directions

Step 1

Stove

Cook the chicken breast in a skillet until fully cooked.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Shred the cooked chicken and mix it with the buffalo sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

In a bowl, combine the cooked rice, black beans, corn, and avocado.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Top the rice mixture with the buffalo chicken.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 8 g

Protein: 30 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	8 g	21.05%	32%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Cuisines

Mexican

Events

Picnic

Kitchen Tools

Slow Cooker

Blender

Course

Drinks

Side Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

Visit our website: healthdor.com